

**FRIDAY, MAY 27, 2022**

**Friday, 05/27/2022**

**8:00 AM**

**Tuscany 12**

**[S-86]: WORKSHOP: MOUNTAIN MEDICINE  
WORKSHOP**

**Chair: Brian Pinkston**

**Co-Chair: Cheryl Lowry**

**WORKSHOP OVERVIEW: INTRODUCTION:** Adventure travel is becoming increasingly popular around the world. Prior to COVID-19, the Adventure Travel Trade Association estimated adventure travel market to be worth \$683 billion. Travel agencies and destinations are experiencing record level bookings as pent-up demand is escalating. Participants and the medical professionals supporting them benefit from understanding the risks inherent in a variety of sports and environments. This is intended to be an introductory, hands-on workshop focused on medically supporting and safely participating in sports in a mountain environment. A significant portion of this workshop will be conducted outdoors. **TOPIC:** The need for medical professionals to understand and support remote expedition activities is rapidly expanding. NASA uses numerous wilderness sites to train astronaut candidates, astronauts, scientists and support staff for long-duration space missions. Military operations and mishap investigations frequently occur in remote areas, and the growing multisport adventure travel industry makes the wilderness accessible

to a wide range of participants. Workshop attendees will gain foundational knowledge necessary for supporting operations in a wilderness environment as well as conducting pre-participation examinations. Lectures will describe common illnesses and injuries in the mountain environment, as well as treatment and prevention strategies. The workshop will discuss mountain-related hazards (including diving at altitude) and the medical provider's role in supporting expeditions and sports travel in this environment. The workshop will provide familiarization with wilderness safety and life-saving equipment in the context of search and rescue operations. Didactics will be reinforced by hands-on demonstrations and activities. **APPLICATION:** Competencies covered in this workshop will address the knowledge gap that exists among medical professionals regarding support of mountain sports and expeditions. Didactics and hands-on sessions will be taught at a level applicable to a broad range of attendees including physicians, advanced practice providers, nurses, and anyone with an interest in medicine in austere environments.

**[472] MOUNTAIN MEDICINE**

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(Education - Tutorial/Review)

See Overview

**Learning Objectives**

1. Participants will be able to describe strategies to maintain safety and prevent injuries in a mountain environment.
2. Participants will be able to assess patients for fitness to participate in mountain-related sports.